

DHWP Health News

Your Partner in Good Health

Volume 4, Issue 4
The Mental Health Edition

October/November 2009

Editor : Courtney M. Martin

Content Editor: Nancy Rusin

Identifying and Living With Mental Illness

(Courtney Martin)

Public Health Prevention

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Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a low ability to cope with the regular demands of life.

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD) and borderline personality disorder. The good news about mental illness is that recovery is possible.

Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

treatment, psychosocial treatment such as cognitive behavioral therapy, interpersonal therapy, peer support groups and other community services can also be components of a treatment plan and assist with recovery. The availability of transportation, diet, exercise, sleep, friends and meaningful paid or volunteer activities contribute to overall health and wellness, including mental illness recovery.

Here are some important facts about mental illness and recovery:

- Mental illnesses are serious medical illnesses. They cannot be overcome through "will power" and are not related to a person's "character" or intelligence. Mental illness falls along a continuum of severity. Even though mental illness is widespread in the population, the main burden of illness is concentrated in a much smaller proportion-about 6 percent, or 1 in 17 Americans-who live with a serious mental illness. The National Institute of Mental Health reports that one in four adults-approximately 57.7 million Americans-experience a mental health disorder in a given year

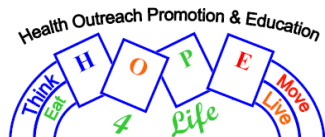
- The U.S. Surgeon General reports that 10 percent of children and adolescents in the United States suffer from serious emotional and mental disorders that cause significant functional impairment in their day-to-day lives at home, in school and with peers.

- The World Health Organization has reported that four of the 10 leading causes of disability in the US and other developed countries are mental disorders. By 2020, major depressive illness will be the leading cause of disability in the world for women and children.

- Mental illness usually strike individuals in the prime of their lives, often during adolescence and young adulthood. All ages are susceptible, but the young and the old are especially vulnerable.

- Without treatment, the consequences of mental illness for the individual and society are staggering: unnecessary disability, unemployment,

Continue on next page →



Bridging the gap to Detroit's Health
DEPARTMENT OF HEALTH & WELLNESS PROMOTION

Produced by H.O.P.E.

Along with medication

From the Director's Desk: A Message from Calvin Trent, PhD



Calvin Trent, Ph.D.

Director & Public Health Office

A healthy mind is as important as a healthy body. If we have good mental health, we can enjoy life more, handle difficult situations, and stay better connected to our family, friends and our community. Being in good mental health should be looked upon with the same importance as nutrition,

physical activity, and other physical health sign. Mental illness can have an effect on the onset, development, and outcome of other illnesses and often associate with health risk behaviors such as substance abuse, tobacco use and physical inactivity.

The effects of mental illness are clear across the life span, among all ethnic, racial, and cultural groups, and among persons of every socioeconomic level. Unfortunately, the majority of people who are diagnosed with mental disorders do not receive treatment. Countless other people never even receive a diagnosis. Even though treatment for mental disorders is available and effective, our community continues to struggle with access issues and stigmas against seeking treat-

ment.

In moving beyond these obstacles, the public health community is putting into practice the following:

- Identifying risk factors (e.g. a family history of mental illness, stressful living conditions, etc.) associated with mental illness;
- Increasing awareness about mental illness and the effectiveness of prevention and treatment;
- Helping to alleviate the stigma associated with receiving treatment;
- Considering cultural relevance in the prevention and treatment of mental illness;
- Improving access to mental health services by working more closely with our mental health partners to enhance coordination of care.

Whatever internal or external factors have shaped your mental and emotional health, it's never too late to make changes that will improve your psychological well-being. Risk factors can be counteracted with protective factors, like strong relationships, a healthy lifestyle, and coping strategies for managing stress and negative emotions.

Thank you,

Dr. Calvin Trent
Director & Public Health Officer

Continued from pg. 1

substance abuse, homelessness, inappropriate incarceration, suicide and wasted lives. The economic cost of untreated mental illness is more than 100 billion dollars each year in the United States.

- The best treatments for serious mental illnesses today are highly effective; between 70 and 90 percent of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports.
- With appropriate effective medication and a wide range of services tailored to their needs, most people who live with serious mental illnesses can significantly reduce the impact of their illness and find a satisfying measure of achievement and independence. A key concept is to develop

expertise in developing strategies to manage the illness process.

- Early identification and treatment is of vital importance; By ensuring access to the treatment and recovery supports that are proven effective, recovery is accelerated and the further harm related to the course of illness is minimized.
- Stigma erodes confidence that mental disorders are real, treatable health conditions. We have allowed stigma and a now unwarranted sense of hopelessness to erect attitudinal, structural and financial barriers to effective treatment and recovery. It is time to take these barriers down.

National Alliance on Mental Illness. (1996). *Mental Illnesses*. Retrieved September 10, 2009, from http://www.nami.org/Content/NavigationMenu/Inform_Yourself/About_Mental_Illness/About_Mental_Illness.htm

Stress & Asthma Symptoms: Help Me Breathe (Elizabeth Milton)

Stress can set off asthma attacks, making you feel short of breath and worsening asthma symptoms. Although you can't always avoid stress, you can learn to manage it effectively.

Keeping stress in check

When you're stressed out, you tend to not take as good care of yourself.

If you respond to stress with behaviors that are bad for you like smoking or not sleeping, that may be a bad influence on your symptoms as well.



An asthma attack can certainly be stressful, but the relationship goes both ways.

Luckily, there are better ways

to respond to the mental and physical effects of stress. These strategies may help:

- ◆ Avoid stressful situations whenever you can. Try to avoid conflict in your family and at work. You can also prevent stress by managing your time well with a calendar or day planner and setting priorities.
- ◆ Learn how to relax! Examples include breathing exercises and meditation.

Other positive coping methods to try:

- * Volunteer or do some community activities.
- * Look to family and friends for support.
- * Make time to do the things you like.

- * Allow some time to sit back and chill out.

Question? Corner



Is There Really Good and Bad Stress??

Answer: Well some people have described a difference between good and bad stress, labeling good stress, eustress, and bad stress, distress. But either stress, either kind of stress, challenges us. It requires that we have the resources to rise to meet that challenge, that we have the automatic and natural way of producing the fight or flight hormones -- those hormones that are released -- epinephrine, norepinephrine, adrenaline -- all are there to provide us with a burst of energy, to rise to meet the challenges we need to meet. And so, good stress on some level is anything -- I think -- that feels positive to us but still requires that we have that kind of energy that burst of energy -- to be able to rise to meet it.

mental illness. It is very important for you -- as the parent -- to understand depression and realize the importance of treatment so that your child may continue to grow physically and emotionally in a healthy way. It is also important to seek education about the future effects depression may have on your child throughout adolescence and adulthood.

For more info on Depression in Children go to: <http://www.michigan.gov/mentalhealth>.

Identifying Depression In Children

(Yolanda Hill-Ashford)

Childhood depression is different from the normal "blues" and everyday emotions that occur as a child develops. Just because a child seems depressed or sad, does not necessarily mean they have depression. But if these symptoms become persistent, disruptive, and interfere with social activities, interests, schoolwork and family life, it may indicate that he or she has the medical illness called depression. Keep in mind that while depression is a serious illness, it is also a treatable one.

The symptoms of depression in children vary. They may include:

- Irritability or anger
- Continuous feelings of sadness, hopelessness
- Increased sensitivity to rejection
- Vocal outbursts or crying
- Difficulty concentrating
- Fatigue and low energy
- Physical complaints (such as stomachaches, headaches) that do

- not respond to treatment
- Reduced ability to function during events and activities at home or with friends, in school, extracurricular activities, and in other hobbies or interests
- Thoughts of death or suicide

Not all children have all of these symptoms. In fact, most will display different symptoms at different times and in different settings. Although some children may continue to function reasonably well in structured environments, most kids with significant depression will suffer a noticeable change in social activities, loss of interest in school and poor academic performance, or a change in appearance. Children may also begin using drugs or alcohol, especially if they are over the age of 12.

A Parent's Perspective

As a parent, it is sometimes easier to deny that your child has depression. You may put off seeking the help of a mental health-care professional because of the social stigmas associated with

Dementia: Taking Care of Your Loved Ones (Murlisa Lockett)

The purpose of this article is to help provide an introduction to some common aspects of dementia.

Dementia isn't a specific disease. Instead, it describes a group of symptoms affecting the brain and social abilities very badly and interferes with daily functioning. It's caused by conditions or changes in the brain. Different types of dementia exist, depending on the cause. Alzheimer's disease is the most common type.

Memory loss usually occurs in dementia, but memory loss alone doesn't mean you have dementia. Dementia indicates problems with at least two brain functions, such as memory loss along with weakened judgment or language. Dementia can make you confused and unable to remember people and names. You may also experience changes in personality and social behavior. However, some causes of dementia are treatable and even reversible.

Dementia symptoms vary depending on the cause, but common signs and symptoms include:

- Memory loss

- Difficulty communicating
- Inability to remember new information
- Difficulty with planning & organizing
- Personality changes
- Inability to reason
- Inappropriate behavior
- Paranoia
- Hallucinations

As the dementia keeps going, the person may require increasing care by friends, family members or institutions.

Unfortunately these problems are often quite frustrating for the person affected and alarming to the family. The person can become irritable or demanding, especially if the individual doesn't remember that he/she has a problem. They may resent being told that they can't do things that they've "always" done.

Even though these changes happen, most people with dementia can still do usual activities. Manageable activities might include attending a backyard BBQ or picnic, drying the dishes or being taken for a ride in the country.

Because of the intensity of care that may be required, it is often difficult for even a loving family to provide all the "around the clock" care that a demented relative may need. If friends or family wish to provide these services it is very important for them to be aware not only of the demented person's needs, but also of their own needs. It is not uncommon for a spouse or children to feel that they have an impossible choice between being utterly overwhelmed (if they try to provide all the care) or feeling they are betraying the relative (if they send them to a nursing home). This often leads to the care provider becoming exhausted. Because of this it is often helpful to investigate local resources to help the care provider.

Please remember dementia is a serious illness that requires much help from a person's friends, family, and society. As people live longer, and as the "baby boom" generation ages, dementia is increasingly likely to affect us directly or indirectly at some point in our lives. While research is progressing to understand the causes of dementia and to develop more effective treatments, it remains a significant challenge for us to deal with.

Postpartum Depression & Possible Effects of Unintended Pregnancy (Courtney Martin)

Depression after childbirth is called postpartum depression. When you are pregnant, levels of the female hormones estrogen (ESS-truh-jen) and progesterone (proh-JESS-tur-ohn) go up a lot. In the first 24 hours after having a baby, hormone levels go back to normal. Researchers think the big change in hormone levels may lead to depression. This is much like the way smaller hormone changes can affect a woman's moods before she gets her period.

Other factors may play a role in postpartum depression. You may feel:

- Tired after delivery
- Overwhelmed with a new baby
- Doubts about your ability to be a good mother
- Stress from changes in work and home routines
- An unrealistic need to be a perfect mom
- Less attractive

Many women have the baby blues in the days after childbirth. If you have the

baby blues, you may:

- Have mood swings
- Feel sad, anxious, or overwhelmed
- Have crying spells
- Lose your appetite
- Have trouble sleeping

The baby blues most often go away within a few days or a week. The symptoms are not severe and do not need treatment.

The symptoms of postpartum depression last longer and are more severe. Postpartum depression can begin anytime within the first year after childbirth. If you have postpartum depression, you may have any of the symptoms of depression listed above. Symptoms may also include:

- Thoughts of hurting the baby
- Thoughts of hurting yourself
- Not having any interest in the baby

Postpartum depression needs to be

treated by a doctor.

Any woman may become depressed during pregnancy or after having a baby. It doesn't mean you are a bad or "not together" mom. You and your baby don't have to suffer. Here are some tips:

- Rest as much as you can. Sleep when the baby is sleeping.
- Don't try to do too much or try to be perfect.
- Ask your partner, family, and friends for help.
- Make time to go out, visit friends, or spend time alone with your partner.
- Discuss your feelings with your partner, family, and friends.
- Talk with other mothers so you can learn from their experiences.
- Join a support group. Ask your doctor about groups in your area.
- Don't make any major life changes during pregnancy or right after giving birth. Major changes can cause unneeded stress.

The Nutrition Nook

Healthy Eating for a Healthy Mind- Food for Thought (Eve VanDalsen, RD)

We require a variety of nutrients to stay healthy. When we eat a balanced diet our bodies are able to function properly. Something as simple as drinking plenty of water each day (approximately 8 glasses) can help to ward off headaches, fatigue, and weight gain.

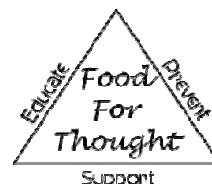
When it comes to mental health, it's no different. Our brain cells need good nutrition and hydration to form properly and communicate with one another and the rest of our bodies. Studies have shown a direct link with Omega-3 fat consumption and mental health. These healthy fats are found

in salmon, flax seeds, and walnuts. Getting these foods in your diet is a step in a very smart direction.

Some ideas:

1. Put 2 Tb ground flax seeds in your oatmeal in the morning, mix it in with your orange juice or blend it into a smoothie.
2. Snack on walnuts throughout the day. Since they are high in good fats and protein, they'll keep you full longer, helping to control your appetite. Just remember to limit yourself to

about 1 handful each day since they're high in calories.



Public Health Prevention

Problem Gambling: 15 Questions (Michigan Dept. of Community Health)

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. After losing did you feel you must return as soon as possible and win back your losses?
7. After a win did you have a strong urge to return and win more?
8. Did you often gamble until your last dollar was gone?
9. Did you ever borrow to finance your gambling?
10. Have you ever sold anything to finance gambling?
11. Did gambling make you careless of the welfare of yourself or your family?
12. Did you ever gamble longer than you had planned?
13. Have you ever committed, or considered committing, an illegal act to finance gambling?
14. Do arguments, disappointments or frustrations create within you an urge to gamble?
15. Have you ever considered self-destruction or suicide as a result of your gambling?

Most compulsive gamblers will answer yes to at least seven of these questions.

If you bet more than you can afford to lose, you've got a problem.

If you think you may have a gambling problem, the **Michigan Problem Gambling Help-line** can help. It's strictly confidential. Counselors can give you the help and support you need to break free of a gambling addiction. Call **1-800-270-7117** [24-hours a day].

Nutrition & Fitness

Stress & Physical Activity (Alberta Smith-Plump, RN)

The many benefits of regular physical activity include an impact on mental and emotional health. Physical activity has been shown to reduce stress. A brisk walk, game of tennis, or fitness class helps you let off steam, distracts you from your source of stress, and improves your mood. It also relaxes and re-energizes your body. During physical activity, pent up emotions that cause stress (anger and frustration), can be released. Also during physical activity, endorphins are produced by the body that provide the body with natural pain relieving effects and promote feelings of

well being and relaxation. There are other benefits to making exercise the center of your stress-blasting program too. People who are routinely active tend



to eat better. And a healthy diet also helps your body manage stress better. In addition, physical activity can help you lose weight and keep it off, and feel better about yourself.

Are you stressed? Try physical activity. Select physical activities, (walking, swimming, biking, gardening etc.), that you can enjoy 30 or more minutes most days of the week and you are on your way to reducing the stress in your life.

What's New at DHWP?

2009 Flu Shots

Sponsored by the Detroit Department of Health and Wellness Promotion (Denise Wilson)

Influenza ("FLU") is a viral infection of the bronchial tubes and lungs that can cause illness to people of all ages. Populations who are most vulnerable to incurring serious illness and/or death from exposure to the influenza virus are the elderly, children 6 months to 18 years and people with serious health problems.



Children 6 months and younger, people with severe allergic reactions to chicken eggs, or a history of Guillian Barre' Syndrome, or a severe reaction to a previous flu shot, **SHOULD NOT get this vaccine**. If you have a fever or are currently sick with an acute respiratory or other active infection or illness, you should see your doctor prior to receiving this vaccine.



Yearly flu vaccination should begin in September or as soon as vaccine is available and continue throughout the influenza season, into December, January, and beyond. This is because the timing and duration of influenza seasons vary. While influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later.

IF YOU HAVE ANY QUESTIONS REGARDING THIS MATTER, PLEASE CONSULT YOUR PHYSICIAN. YOU CAN HELP US KEEP THIS PROGRAM GOING!"

This program is conducted by the City of Detroit for its residents.

Residents must bring their Medicaid or Medicare (Part B) cards for administration of the vaccine. A \$10 service fee will be charged to residents without Medicaid or Medicare (Part B).

For more information please call the Department of Health and Wellness Promotion Immunization program at (313) 876-4334.



**Flu Shots are also available at
Grace Ross Health Center
14585 Greenfield 48227
313-870-3094**

**Northeast Health Center
5400 E. 7 Mile Rd. 48234
313-870-3055**

PLEASE BRING YOUR MEDICARE or MEDICAID CARD.

Remember – Take care of yourself early.

2009 H1N1 (Swine Flu): What You Can Do to Stay Healthy (Centers for Disease Control & Prevention)

- **Stay informed.** The CDC website will be updated regularly as information becomes available (www.cdc.org).
- The flu is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
 - * **Take everyday actions to stay healthy.**
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you

use it.

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- Find healthy ways to **deal with stress and anxiety.**

Call **1-800-CDC-INFO** for more information.

DHWP Flu Clinic Schedule

October - December 2009

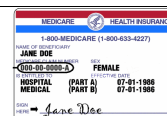
1.	Farwell Recreation Center, Denise Hardaway 2711 E. Outer Drive, 48234 (btwn Ryan & Mound) Phone: 1-313-628-2028	Wednesday, October 7, 2009 11 am – 3 pm
2.	UAW Dave Miller Building, Alice Lopicolo 8731 East Jefferson 48214 Phone: 926-5231 or 331-6500	Tuesday, October 13, 2009 11 am – 3 pm
3.	Adam Butzel Recreation Center Beverly Williams 10500 Lyndon, 48238 Phone: 628-0990 or 91	Wednesday, October 14, 2009 2 pm – 6 pm
4.	Williams Recreation Center, Pat Butler 8431 Rosa Parks Blvd (at Euclid) 48208 Phone: 1-313-628-2039 Fax: 894-0766	Thursday, October 15, 2009 11 am – 3 pm
5.	Warren West Senior Housing 4100 W. Warren Avenue 48210 313-224-4292 Frank Matthews	Tuesday, October 20, 2009 11 am – 3 pm
6.	Northwest Activities Center, Cheryl Pope, Community Services 18100 Meyers, (Corner of Curtis) 48235 (Ballroom Ste Main Floor) Phone: 578-7530 Fax: 578-7525	Wednesday, October 21, 2009 11 am – 3 pm
7.	Coleman A. Young Municipal Center, Lolita Cromer 2 Woodward Avenue 13 th Floor Auditorium (city side) 1-313-628-2626	Thursday, October 22, 2009 11 am – 3 pm
8.	Victory Baptist Church, (for Madar Sr. Center) Adrienne Smith 5933 16 th Street (near McGraw) Phone: 313-896-3750	Wednesday, October 28, 2009 10 am -2 pm
9.	Herman Kiefer Health Complex 1151 Taylor – (at John C. Lodge) 1 st floor Pathway Center Phone: 876-0511 or 0745	Friday, October 30, 2009 10 am – 2 pm
10.	Bureau of Substance Abuse Detroit Recovery Welcome Center 335 E. Grand Blvd., 48202 Info: 579-5462	Thursday, November 5, 2009 11 am – 3 pm
11.	Bureau of Substance Abuse Detroit Recovery Welcome Center 335 E. Grand Blvd., 48202 Info: 579-5462	Thursday, December 3, 2009 11 am – 3 pm

Flu Shots are also
available at:

Grace Ross Health Center
14585 Greenfield 48227
313-870-3094

Northeast Health Center
5400 E. 7 Mile Rd. 48234
313-870-3055

Remember to bring your
MEDICAID or MEDICARE Card!



Detroit Department of Health & Wellness Promotion

The HOPE Unit
1151 Taylor
Detroit, MI
48202

Phone: 313-876-0609

Fax: 313-876-4897

E-mail: martinco@detroitmi.gov

Your Partner in Good Health

Find us on the web!
www.dethealth.org



DHWP Gets Policy Minded

(Jaye Clement, HIPPER
Division)

One does not have to be an elected official to engage in policy advocacy nor does the advocacy process need to be complex. If there is a cause you believe in and you want your voice to be heard by policymakers then *you* can be a policy advocate. When participating in policy advocacy, one of the most important things is to have a clear and organized message. Effective communication is the key to keeping policymakers interested, engaged, and invested in what you have to say.

How to develop your message:

Developing **talking points** is one way to organize your message. Talking points are brief, organized statements that help articulate positions more successfully. Make sure that you develop a message that is concise, accessible, and forceful so the audience will heed the point you are trying to make. Furthermore, be sure to tailor your talking points to your audience. Detail how your position on the policy will affect the

DHWP Recipe Corner

Featured: Centers for Disease Control and Prevention

Heart-Healthy Home Cooking: African American Style

Mouth-Watering Oven-Fried Fish

This heart healthy dish can be made with many kinds of fish—to be enjoyed over and over.

- 2 pounds fish fillets
- 1 tablespoon lemon juice, fresh
- 1/4 cup fat-free or 1% buttermilk
- 2 drops hot sauce
- 1 teaspoon fresh garlic, minced
- 1/4 teaspoon white pepper, ground
- 1/4 teaspoon salt
- 1/4 teaspoon onion powder
- 1/2 cup cornflakes, crumbled, or regular bread crumbs
- 1 tablespoon vegetable oil
- 1 fresh lemon, cut in wedges



Directions

1. Preheat oven to 475 degrees F.
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry
3. Combine milk, hot sauce, and garlic.
4. Combine pepper, salt, and onion powder with crumbs and place on plate
5. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish
7. Bake for 20 minutes on middle rack without turning
8. Cut into 6 pieces. Serve with fresh lemon.

Yield	6 servings
Serving Size	1 cut piece
Calories	183
Total fat	2 g
Saturated Fat	0g
Cholesterol	80mg
Sodium	325 mg
Total Fiber	1g
Protein	30g
Carbohydrates	10g
Potassium	453 mg

population that the decision-making agency has a stake in. For instance, if the agency's focus is children make sure you detail how your stance will impact those children. This will make your position more compelling to them and will ultimately aid in getting your point across.

Finally, when developing your talking points make sure your message contains three elements: 1) the problem; 2) the solution; and 3) a proposed action.

⇒ Problem - What problem are you facing?

- ◆ Describe the problem – make sure the description is:
 - Concise
 - Relevant to your audience
- ◆ Add data and/or impact stories for additional support

⇒ Solution - How can the problem be solved?

- ◆ Offer reasonable and viable solutions to the given problem.

⇒ Action - What can be done to reach the proposed solution and to solve the problem?

◆ Be sure to explain:

- The goals,
- How the audience can be supportive,
- Why the audience support is important.

If you have any questions as you put more policy advocacy into your daily work, please feel free to call Jaye Clement, Health Policy Analyst, DHWP, Office of Health Information, Planning, Policy, Evaluation, and Research (HIPPER) at 313.870.0631 or email her at bond-jay@detroitmi.gov.

Sources: Excerpts taken from Policy Link's *Michigan Advocacy Toolkit* (2007) and *The Democracy Owner's Manual: A Practical Guide to Changing the World*, by Jim Shultz, available on The Democracy Center website at <http://www.democracyctr.org/publications/manual/curriculu/doc1.htm>.